## **Claims**

## I claim:

1. A rack system for supporting audio/video components, the rack system comprising:

a plurality of generally horizontal elongated elements, each comprised of strut channel and including a longitudinally extending slot;

a plurality of generally vertical elongated elements, the vertical elongated elements adapted to couple with the horizontal elongated elements to form a free standing structure;

a plurality of mounts, each mount of the plurality of mounts including an at least partially threaded stud extending from one side thereof; and

a plurality of channel nuts with threaded bores, each channel nut being adapted to (1) be received into the elongated slot of at least one of the horizontal elongated elements and (2) braced against an inside surface of the horizontal elongated element, and (3) receive the at least partially threaded stud in the threaded bore.

- 2. The rack system of claim 1, wherein the rack system includes floor spikes.
- 3. The rack system of claim 1, wherein the rack system does not include shelves.
- 4. The rack system of claim 1, wherein the plurality of vertical elongated elements comprise strut channel.
- 5. The rack system of claim 1, wherein at least one of the group of vertical and horizontal elongated elements includes a constrained layer of viscoelastic material.
- 6. The rack system of claim 1, wherein at least one mount of the plurality of mounts comprises both a constrained layer of viscoelastic material and a bearing assembly.

- 7. The rack system of claim 1, wherein at least one mount of the plurality of mounts comprises a tungsten carbide ball bearing sandwiched between a top disc and a bottom disc, at least one of the top and bottom discs including a tungsten carbide bearing race.
- 8. The rack system of claim 1, wherein at least one mount of the plurality of mounts comprises a ball bearing sandwiched between top and bottom discs, and an O-ring attached to one of the top and bottom disks, the O-ring being adapted to limit the lateral movement of the top disk relative to the bottom disk.
- 9. The rack system of claim 1, further comprising a plurality of floor support mounts adapted to provide an interface between a generally horizontal surface and a bottom end of the vertical elongated elements, the mount including at least one of the group of a constrained layer of viscoelastic material, and a bearing assembly.
- 10. The rack system of claim 9, further comprising a platform with top and bottom surfaces, the platform having: (1) three or more spikes extending from the bottom surface, the spikes being adapted to one or both of (a) at least partially penetrate a carpeting covering the generally horizontal surface, and (b) substantially compress the carpeting at points of contact with the spikes; and (2) a counter bore in the top surface, the counter bore being adapted to receive a floor support mount therein.
- 11. The rack system of claim 1, wherein at least one mount of the plurality of mounts comprises a constrained layer of viscoelastic material.
- 12. A rack having a structure comprised of strut channel in combination with at least one audio/video component supported on the rack.
- 13. The combination of claim 12, wherein the strut channel is steel and has a zinc-plated finish applied thereto.
- 14. The combination of claim 12, wherein the rack does not comprise shelves.

- 15. The combination of claim 12, wherein the rack further comprises at least three mounts, the mounts being coupled with the rack and having the at least one component resting on the at least three mounts.
- 16. The combination of claim 12, wherein each of the at least three mounts further include a threaded stud extending from one side thereof.
- 17. The combination of claim 12, wherein the rack further comprises one or more cantilevered levels, each cantilever level comprising one or more pieces of generally horizontally orientated elongated channel strut, the one or more pieces of generally horizontally orientated elongated channel strut having first and second ends, wherein only the first end is attached to a vertically orientated elongated strut channel.
- 18. A rack for supporting audio and video components, the rack comprising:
  - a plurality of substantially vertical columns, the columns comprised of strut channel;
  - a plurality of substantially horizontal first elongated members, the first elongated members comprised of strut channel, each of the plurality of the first elongated members being attached to at least one of the vertical columns;
  - a plurality of substantially horizontal second elongated members, each of the plurality of second elongated members being attached to at least one of the first elongated members, the combination of the columns, the first elongated members and the second elongated members forming a self-supporting structure; and
    - at least three mounts coupled with the self supporting structure.
- 19. The rack of claim 18, wherein one or more of the at least three mounts is directly coupled to one of the first or second elongated members.
- 20. The rack of claim 18, wherein one or more of the at least three mounts comprises a top disc, the top disc being pivotally coupled to a bottom portion of the mount.